



City of Gaithersburg Press Release

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For Immediate Release

Travel the World through Food with Virtual, Interactive Cooking Classes

Let's Cook@Casey One Pot Meal Series Kicks Off on January 14

Gaithersburg, MD (December 15, 2020) Miss getting your passport stamped and enjoying delicious international cuisine? Enhance your culinary skills and explore the world through food with Let's Cook@Casey's International One Pot Meal series. The virtual cook-along classes let you follow the chef instructor step by step while asking questions and sharing thoughts with your fellow home cooks. At the end you'll have a delicious dish that's ready to eat. Invite friends and family to join you virtually for this perfectly socially distanced activity. You can also sit back, take notes, and enjoy watching the chef instructor if you prefer.

With 22 years of culinary education experience in Montgomery County, Chef Sheila Crye loves to empower anyone who wants to learn how to prepare delicious meals at home. As a curious traveler and adventurous eater, she is delighted to offer the International One Pot Meal culinary education series as a way to explore the world from the comfort and safety of home.

One Pot Meals: Peru

January 14, 2021, 6 - 7:30 p.m.

[Register online](#)

Join Chef Sheila Crye for the first installment in our International One Pot Meal Series. Learn how to make Peru's "Festive Soup," or Sancochado, with a recipe from "The Everything Peruvian Cookbook" by Morena Cuadra & Morena Escardó. With an abundance of meat and vegetables, this dish is both a complete meal and a banquet. You'll also prepare two sauces to accompany it, Creole Sauce (Salsa criolla) and Parsley Sauce (Salsa perejil). Note that you will need to prepare the stock in advance (recipe provided).

One Pot Meals: Israel

January 28, 2021, 6 - 7:30 p.m.

[Register online](#)

Discover delicious Israeli cuisine with Chef Sheila Crye in the second installment of our International One Pot Meal Series. Cook along at home and prepare a delicious dinner featuring recipes from "Jerusalem" by Yotem Ottolenghi and Sami Tamimi. Dishes include Chicken with Caramelized Onion and Cardamom Rice, and Baby Spinach Salad with Dates and Almonds.

One Pot Meals: Creole

February 11, 2021, 6 - 7:30 p.m.

[Register online](#)

When cooked properly, shrimp creole is full of flavor, with a sauce of perfectly married tomatoes and vegetables. In this final installment of the International One Pot Meals Series, cook along with Chef Sheila Crye as she prepares recipes from "Eula Mae's Cajun Kitchen" by Eula Mae Doré. Dishes include Shrimp Creole, Brown Rice, and Green Salad with Zesty Orange Dressing.

Explore Cook@Casey's full lineup of winter programs [here](#). Other virtual classes include:

- [Plant-Based Nutrition & Planning](#) - January 7, 2021, 6 - 7:30 p.m.
- [Plant-Based Lunches & Dinners](#) - January 21, 2021, 6 - 7:30 p.m.
- [Plant-Based Snacks/Sides/Desserts](#) - February 4, 2021, 6 - 7:30 p.m.
- [Valentine's Day Brunch](#) - February 14, 2021, 10:30 a.m. - Noon
- [Homemade Kimchi](#) - February 20, 2021, 10:30 a.m. - Noon
- [Family Movie Meal: Ratatouille](#) - March 5, 2021, 6 - 7:30 p.m.

For information visit www.gaithersburgmd.gov or call 301-258-6366. Follow us on Facebook [@CaseyCommunityCenter](#).

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